



Slim to Win



Lehi Legacy Center
123 N Center St.
801-768-7124

LEHI LEGACY CENTER SLIM TO WIN 2015

Lehi's weight loss contest.

The Slim to Win contest is a weight-loss contest designed to improve the overall health of the participating contestant. The Slim to Win contest will last for six months beginning in January and continuing until the final weigh-in and body composition test the week of June 22, 2015. A six-month membership commitment is required to enter the contest. The Slim to Win contest will include nutritional information along with one weekly team workout with 'their' personal trainer and a team colored shirt.

Prizes will be awarded to the top 'loser' of both weight/body composition percentage. Rules and introduction of each team's personal trainer will be announced on Saturday, January 3, 2015 at 8 am. The first Saturday of each month during the contest, there will be informational meeting at 8am.



**Registration and Applications accepted
between November 17 – December 19**

×QUICK FACTS

WhatWeight Loss Contest
WhereLehi Legacy Center
WhenStart Date January 3, 2015 – 1st weigh-in the week of
January 5, 2015. End Date last weigh-in the week of June
22, 2015. Finale: June 30, 2015 at 7pm
WhoAnyone with a BMI greater than 30 and 50lbs over weight.
Fee\$250 and a commitment to a 6 month membership @ the
Legacy Center.

IncludesWeekly workouts w/ trainer and monthly weigh-ins.
team shirts and a prize given to top “Loser” in weight and body fat %.

Pick up applications at the front desk or download at www.lehi-ut.gov

INFORMATION

Registration and Applications accepted between Nov. 17 – Dec. 19 by 6pm
Register in person at the Registration office @ the Lehi Legacy Center.
Start Date January 3, 2015 – 1st weigh-in the week of January 5, 2015
End Date last weigh-in the week of June 22, 2015
Finale: June 30, 2015 at 7pm

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